Expanding Awareness

By shifting focus away from life's turbulence, one discovers another aspect of existence previously unknown. One that rarely receives the attention it deserves. For an individual's mental focus is likely directed elsewhere. Upon matters of the external world and numerous aspects of life's struggles. This in turn draws attention away from developing the inner space. For a great deal of time and effort are being directed towards other areas of life. The rigid nature of thought combined with time restrictions contributes to a situation that limits internal growth. Once an individual comprehends this, they have the wisdom to create the necessary changes. Recognition of certain behavioral patterns, unlocking the potential to embrace new ways of thinking. To liberate the mind of numerous obstacles that prevent it from obtaining clear insight.

Integration of these insights, adding a deeper layer to one's understanding. This eventually contributes to a shift in the way one perceives the world. The expansion of awareness provides an individual with a new way of interacting with thought, influencing the process of manifestation. This process of refinement paves the way for a deepening of thought. Undermining the structures of old to replace them with something new. As the old no longer resonates with decisive shifts in one's thinking. Therefore, former systems of belief gradually fade from memory. From the ashes of the old, the spark of a new flame arises. Integration of shadow aspects creates the space for a more refined version to emerge. While it may prove arduous, it provides the mind with an opportunity to expand its horizons.

To break the shackles of fear-based programming and shape reality to the service of one's will. Overcoming the psychological need to appease others, so one may experience a momentary sense of satisfaction. Once an individual

sheds this restrictive mode of thought, it unlocks dormant potential. The integration of shadow marks a significant shift in the way one perceives the world. For an individual no longer clings to rigid beliefs of the past, as a veil has been lifted within the mind. The sooner one can sit with the world's chaos; the mind's obstacles begin to dissolve. That, which once stood as an impediment to growth, no longer holds the same sense of power. As a vital shift has taken place within the mind. Transforming perception of everyday life, as well as one's understanding of the material world.